

## ABSTRACT

An exchanger panel (10) between two airflows comprises a layered structure formed of parallel leaves (11) separated  
5 from one another by ribbings (12,13) arranged alternately in two directions inclined to each other (14,15). The ribbings arranged in one of said two directions are designed to carry a first airflow between the sheets and the ribbings arranged in the other of said two directions  
10 are designed to carry a second airflow between the sheets. Heat and/or humidity are transferred between the two airflows through said sheets. A system having such a panel is also described.